



November 29, 2011

## News from TMI

# LCN Member Heather Alfano Contributes Social Media Services



When TMI needed someone with social networking savvy to keep our Facebook and Twitter pages current, engaging, and lively we reached out to the Local Chapter Network and they responded. Heather Alfano, graduate of multiple TMI programs and an LCN member, offered her talent and

time as a volunteer social media networker. We are thrilled to be working with Heather and look forward to the unique energy she will bring to the position. [Read more](#)

...

## Establishing Contact with Guidance



## Guidelines

[Guidelines](#)® offers still another step in the development of a more complete understanding of self. In addition to exploration of your Total Self and creating an ongoing communication with your Inner Self Helper (ISH), the program gives direct training in the early stages of Out of Body. This is the only Monroe Institute program that specifically provides these methods. During Guidelines you receive instruction in using a special dolphin energy--either individually or in groups--to heal both self and others. This is also the only program that includes a [PREP](#) session, a one-on-one guided experience in a specially designed chamber. You are supported throughout the personalized session with customized, computer-generated sounds and verbal guidance provided by a trained facilitator.

Guidelines assists you to learn methods of communication whereby you establish dialogue with distinct and different intelligences. Whatever you call such intelligence (e.g., Total Self, Inner Self Helper, Guide, Non-Physical Friend, Universal Consciousness, etc.), it can be any constructive source that has an overview beyond your normal daily physical perception.

Prerequisite: [Gateway Voyage](#)

**Specially Priced Program**  
**[January 21-27, 2012](#)**  
**\$1,795.00**

**Welcome to the Store**  
For All of Your  
Holiday Shopping!

### [SAMeditation CDs](#)

A collection of wonderful guided meditations on CD synched with [Spatial Angle Modulation](#)™ (SAM), our revolutionary new audio support technology.

### [Lifeline](#)

#### *Afterlife Assistance*

This very popular program promotes advanced exploration of afterlife states, including Focus 27. Lifeline is a core part of our curriculum and international reputation. Numerous authors have written about their life-changing Lifeline program experiences. Its primary emphasis is service - service to those here in physical matter reality and service to those "There" who have made their transitions from the physical and who may benefit from assistance. In preparation for this service, participants typically release layers of limiting beliefs and resultant fears.

Prerequisites:  
[Gateway Voyage](#)

**Specially Priced  
Program**  
**Jan 28-Feb 3, 2012**  
**\$1,795.00**  
[Register Now!](#)

### **HUB Highlights** New on our blog:

- [Thank You, Bob Monroe!](#)
- [Oh, Wow. Oh, Wow. Oh, Wow.](#)
- [The Hidden Beauty of Pollination](#)

**THE HUB**  
A feature of The Monroe Institute



Join Our  
Mailing List